**Would the problems of the world be solved if we were all more mindful?**

**What does mindfulness look like anyway?**

**Physically less stressed – better skin, clearer**

**People take a moment to breathe – let go of self & thoughts – calmer, less reactive**

**Passive? Neutral?**

**Expression of anger looks different – calmer, more discussion – less reaction**

**Being aware of your surroundings – socially aware – develop a stronger community**

**Looks more relaxed**

**More thoughtful… more open minded**

**Softer, more open gaze – not darting & judging**

**Does mindfulness equal passivity??? Why / Why Not??**

**Is it enough?**

**Where do the world’s problems come from? People? Systems? Their environment???**

**Break it down –**